

Support

If you are struggling with anxiety, you are not alone. Reach out and get help today.

Crisis and Warm Lines

Suicide & Crisis Lifeline

Text 988

Michigan Peer Warmline

Call 1-888-733-7753

Teen Line

Call 800-852-8336

Text TEEN to 839863



" Even in darkness, it is possible to create light. "

-Elie Wiesel

Growth & Wellness

Psychotherapy And Autism Services



Emily Tarjeft MS LLP

Licensed Masters Psychologist

Let's Connect

Phone

586-303-1700

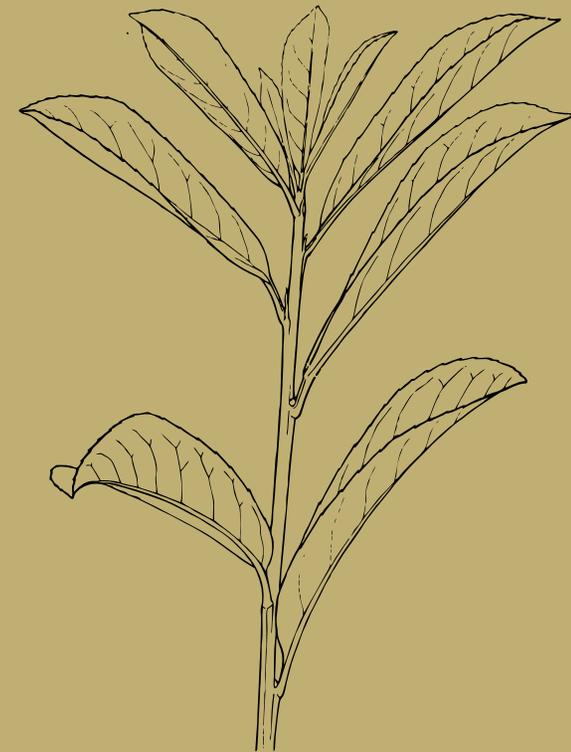
Website

www.gandwpsychology.com



Growth & Wellness

Anxiety



What is Anxiety?

Anxiety is a normal emotion that is characterized by tension, worried thoughts, and physical symptoms. Anxiety occurs when we are worried about something that is going to happen, not an immediate threat.

Everyone experiences some level of anxiety, but for some anxiety can be extremely disruptive. Anxiety, at low levels, can even be helpful when it motivates us to take action. However, anxiety can become harmful if it lasts for too long or is too intense leading to overwhelm and paralysis.

Signs & Symptoms

Intrusive Thoughts

Trouble Sleeping

Poor Focus

Irritability

Excessive Worry

Fatigue

Headaches

Restlessness

Stomach Aches



Strategies to Help

IN THE MOMENT

Ask For Help

If you are feeling overwhelmed by a task or a deadline, ask for what you need. See if you can get an extension on that deadline, or if a friend will keep you company, or if a caregiver can help you through it.

Engage in Relaxation

Enjoy a soothing bath with essential oils, listen to soothing music, or use PMR.

Go for a Walk

Walking is a great way to calm our nervous system through bilateral movement (stimulating both sides of the body).

Spend Time Outside or in Nature

Being outside gives us many physical and mental benefits: mindfulness, exposure to sunlight, exposure to microorganisms, spiritual connectedness, and stress reduction.

4-7-8 Breathing

This is a modification of deep breathing. Breathe in through your nose for 4 seconds, hold your breath for 7 seconds, and slowly breath out through your mouth for 8 seconds, repeat 3 times.

Grounding 5 Senses

Pause and use your senses to identify and engage with the things around you: 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell and 1 thing you can taste. If appropriate, get hands, nose, and tongue on to immerse yourself in your senses through mindfulness!

Progressive Muscle Relaxation



1. Get Comfortable

Sitting or laying down, find a relaxed position to begin. If desired, close your eyes so that all attention is on the body.

2. Take a few Deep Breaths

As you breathe in, notice how your lungs feel as they fill with air. Very slowly, breathe out, releasing the air and tension. Repeat.

3. Tense and Relax

Bring your attention to your feet first, continuing the deep breathing. Tense the muscles in your feet and hold for 5 seconds, noticing how this feels. Relax the muscles in your foot and release the tension, breathing out. Repeat this muscle group 2 more times.

4. Work Your Way Up

Repeat the process of tensing and relaxing each muscle group, working your way up your body: Lower legs, thighs, stomach, hands, arms, shoulders/chest, face.

5. Return

Take a moment noticing the relaxation. When you are ready, slowly bring back movement in your body and open your eyes.

